



I'm not a robot

































Dawn Morse of Core Elements Training demonstrates compression of the QL / Psoas common trigger point with the elbow. Fir theÂ ... Erector & QL Massage for Low Back Pain In this video, I explain the benefits of Relieve neck and shoulder pain with this deep tissue Hello. I hope you are well. on socials: Mercy's Donna Chang, RN, and Rosemary Scavullo Flickinger, LMT, discuss the health benefits of having frequent John Gibbons is a registered Osteopath, Lecturer and Author and is demonstrating aÂ ... Levator Scapulae Soft Tissue Mobilization Technique for Neck & Shoulder Pain Relax and rejuvenate with these simple body